

Trekking the GR11 Trail

The Traverse of the Spanish Pyrenees - La Senda Pirenaica

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This guidebook describes the GR11 trail, one of three long-distance coast-to-coast routes across the Pyrenees. The 840km waymarked trail traverses the range on the Spanish side of the border, stretching from Cabo de Higuer, near Irún in the Basque region, to Cap de Creus on the Mediterranean. The guide presents the GR11 in 47 stages of 7-31km. Although some trekkers may prefer to wild camp, there is a wide range of accommodation on route, from luxurious hotels to hostels, refuges and campsites.

From the gentle grassy and wooded hills of Navarre to the alpine valleys and high passes of the High Pyrenees, the route passes through Spain and Andorra to terminate on the spectacular peninsula of Cap de Creus. It offers a varied journey full of attractive landscapes and stunning mountains, as well as picture-perfect villages and welcoming mountain huts. However, although the GR11 often enjoys favourable weather, it passes through difficult, remote areas, and requires experience of high mountain trekking.

Detailed route description is illustrated with route maps and photography, and the guide also features practical advice, such as notes on accommodation, alternative routes, where to resupply, language and logistics. The result is an ideal companion for anyone thinking of taking on this fantastic trans-Pyrenean trek.

Key marketing points

Consistently the most popular of the three main Pyrenean long-distance routes

About the author

Tom Martens grew up in Belgium and first visited the Pyrenees in 2008 with a friend who had made him enthusiastic about the mountain chain. This first exploration was so enchanting that he has been back every year since. He has hiked extensively in the national parks and has traversed the whole length of the Pyrenees several times. He has guided groups of youngsters on long, intensive hikes and climbed many of the peaks. So far, he has spent 300 nights in the Pyrenees, mostly bivouacking. He has a special interest in mountain wildlife. Other regions where you can often find him hiking include Scotland and Estonia, where he currently lives.

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